



# EMOTIONAL MATURITY: CONNECTING KNOWLEDGE AND APPLICATION FOR HOLISTIC DEVELOPMENT

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## ABSTRACT

Emotional maturity is a crucial factor in the transformation of teaching and learning techniques in modern educational institutions. Alongside the traditional emphasis on cognitive growth, emotional maturity—encompassing self-awareness, empathy, and emotional regulation—is essential for fostering an inclusive and effective learning environment. This study investigates the significance of emotional maturity and highlighting its impact on classroom engagement, conflict resolution, and holistic development. Holistic development wishes to generate well-rounded persons fitted out by the abilities, beliefs, and adaptability needed to boom in all areas of life. This research offers comprehensive solutions that connect emotional development with academic objectives, grounded in an extensive assessment of existing literature and qualitative insights from educators. This research emphasizes the importance of emotional maturity in conjunction with cognitive skills, promoting a transformative educational framework that fosters the holistic development of children and the establishment of supportive, flourishing school environments.

**KEYWORDS:** Emotional Maturity, Holistic Development, Management of Emotions, Teaching Learning Process, Creative Behaviour, Self Regulation, Superiority of Emotions over Intelligence.

## INTRODUCTION

Emotional maturity is a unique ability which strengthens our creative behaviour and will power. Scholars like Daniel Goleman have considered emotional intelligence more responsible for a successful life than IQ. He has considered the contribution of IQ in a successful life to be only 20 percent whereas he considered emotional maturity to be the real basis of a successful life which plays more than 80 percent role in adjusting with the circumstances. This fact can be understood in this way that professionals and special people like public servants, doctors, professors, engineers and people holding other high positions, despite having high IQ, take steps like suicide in adverse circumstances. Whereas an ordinary person living in a village who is not even very educated, keeps struggling with difficult and adverse circumstances and despite the deprivations, completes his life with satisfaction and peace. This is possible because emotional maturity has a much more important role than IQ in adjusting with the real circumstances of life. In fact, emotional maturity is a unique talent to understand, apply and manage emotions correctly.

In other words it refers to certain special human qualities such as understanding the state of mind, empathy towards other living beings, experiencing and controlling one's own emotions and thoughts. To achieve emotional maturity, one has to work as hard as to become virtuous. Any person can make a logic and generalize facts with his intelligence, but to manage fear, apprehension and uncertainty, he needs emotional maturity, and that comes by teaching self-confidence and continuity. We know that these are such qualities that come into existence only due to emotional maturity and knowledge and experiences other than bookish ones. Emotional intelligence is the ability

through which a person recognizes emotions and expresses them externally. Not only that he also understands the emotions of others and behaves harmoniously in front of them. Even a conscious person is unable to understand the relationships and their inherent emotions in the absence of emotional maturity. As a result, in the absence of foresight, the possibility of success is negligible. Personal relationships, coordination of thoughts, mutual understanding, ability to differentiate between meaning and emotions and control over emotions provide the basis for success in life. Intellect alone is not enough for this. Many times in life, such situations arise when there is a lack of coordination or harmony between our intelligence and our emotions, due to which we are unable to take the right decision in excess of emotions even after having correct and reliable information about facts and events. In fact, emotional maturity gives more emphasis on the management of emotions than on the control over emotions.

Emotional maturity is a special concept which mainly works at the level of thinking. It emphasizes on how we should react in an adverse situation. In the absence of this, our ability to make correct decisions is not fully developed, due to which our performance behaviour is negatively affected and the desired level of success is not achieved. Intelligence can increase the level of success in our daily behaviour but to achieve a state of happiness, satisfaction, self-realisation and self-sensation in daily life, we need emotional maturity. The biggest characteristic of humans is to understand the thoughts and moods of other living beings and this is possible only due to emotional intelligence. Emotional maturity actually strengthens that aspect of conscious behaviour which includes characteristics like curiosity, fear, sadness, combativeness,

patience and continuity.

Emotional maturity is not actually the opposite element of intelligence or the opposite ideology. Emotional maturity does not mean that it establishes the superiority of emotions over intelligence, rather emotional maturity is a special combination of intelligence and emotions, which strengthens the best performance in adjustment to adverse circumstances. In order to adjust ourselves according to the rapidly changing social values and structure of the present time, we have to include emotional stability along with intellectual ability in our behaviour, this will positively affect our work performance behaviour. Emotional maturity plays an important role in the development of interpersonal communication skills in our behaviour. Emotional maturity acts as a highway for our intellectual skills, logic and cognition at the time of mental stress, when disputes arise, when there is a change in the nature of work and in the appropriate solution of problems, so that we can take the right decision according to the time. Emotional maturity also makes proper arrangements for the control and management of our negative tendencies. People with emotional maturity have an optimistic outlook. Such people are emotionally controlled and are capable of efficiently managing their thoughts. Such people have some special qualities such as - knowledge of their thoughts, feelings, emotions, efficient ideological control and management, self-sensation, self-awareness, efficient management of interpersonal relationships, ability to take appropriate and practical decisions based on the principles of social consciousness, tolerance, generosity and ideological morality etc.

Usually intelligence plays a very important role in the daily activities of life. Thought management, self-regulation and interpersonal relations are such factors which depend on emotional intelligence. We can assimilate any factual or informational behaviour through intelligence, but emotional intelligence is required for a complex concept like thought management or self-regulation. Understanding the feelings of a person or behaving accordingly, regulating or controlling one's thought conduct or feelings, regulating when and where to express one's thoughts or in what conditions, etc. are accomplished only on the basis of emotional intelligence. There are many people in our society who have high IQ but due to lack of emotional intelligence, they are unable to manage their thoughts and hence live a very lonely life also their social relations with others are not very strong. Such people often can be seen live in depression and stress due to mental instability. If intelligence alone was sufficient for success or satisfaction, such people would not have failed in their thought regulation or management. This means that for efficient thought management, self-regulation and successful interpersonal relationships, emotional maturity is absolutely necessary along with IQ.

## CONCLUSION

Psychologists in the tradition of exploration of human behaviour have proved that the success of human life depends on how well you can imagine the circumstances, i.e., how high a level you can experience the situations. This connects our power of feeling with our cognition. Undergoing the circumstances gives

applied form to the actual knowledge about the circumstances. Emotional maturity enables students to cope stress, shape positive associations, and occupy productively with peers and teachers. Emotionally mature teachers display enriched management skills for classroom and substitute comprehensive, inclusive and empathetic environments for learning. Therefore, it is necessary that the refinement of the present education system should be based on the practical approach of knowledge. In which such a system should be developed which ensures the difference between information and knowledge and gives more importance to emotional maturity than factual knowledge so that we can take the teaching-learning process towards progressive progress and achieve the real objectives of education.

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